

Fall 2001 Recipes

Salads

Waldorf Salad

This old-fashioned favorite tastes like the original, but has half the fat.

Serves 4

Provides 2 1/2 fruit and vegetable servings per person

- 2 red skinned crisp apples, try jongold or red delicious (3 cups)
- 2 tablespoons lemon juice
- 2 ribs celery, diced (1/2 cup)
- 2 tablespoons toasted, chopped walnuts
- 1/4 cup low-fat mayonnaise dressing
- 4 cups romaine lettuce, washed and torn into bite-size pieces
- 1/4 cup raisins

1. Wash and cut the apples into quarters, core, then dice into 3/4-inch pieces. Toss with the lemon juice. Add the celery, walnuts, and mayonnaise dressing. Mix thoroughly.

2. Place the lettuce on 4 plates or in salad bowls. Scoop the apple mixture onto each salad. Scatter raisins over the top.

Nutritional Analysis

Per Serving: 129 calories
4 g fat
27% calories from fat
0 g saturated fat
0% calories from saturated fat
25 g carbohydrates
163 mg sodium
4 g dietary fiber